USL MEN'S QUARTERLY

AUGUST 2013
ISSUE 1 VOL. 1

USL MEN'S QUARTERLY
SUMMER SWIMSUIT ISSUE

50 STEAMY PAGES OF SWIMSUIT HEAVEN BY GIA JADORE

JENN & NIKKI GRAY SAILBOAT EXCURSION

+

VANITEASE SEXIEST MODELS OF 2013

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USL Men's Quarterly is the magazine for the hip, yet sophisticated man who appreciate great taste, quality and is fashion conscious. Stunning pictorials, the latest in menswear, lifestyle fitness and content to fulfill a hearty man's appetite is what **USL Men's Quarterly** promises to deliver.

ON THE COVER

Jennifer Radex covers this issue in a Sailboat Excursion with the super-sexy **Nikki Gray**

ON JENNIFER
Black, two piece swimsuit by designer Gia Jadore

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USL MEN'S QUARTERLY

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EDITORS' CHOICE

USL MEN'S QUARTERLY

EDITORS' NOTE

PATRICK KELLY MEDIA GROUP [PKMG] launches the new men's publication – USL Men's Quarterly.

USL Men's Quarterly is the new men's fashion and lifestyle magazine brought to you by the owners of USL Magazine. USL Men's Quarterly is the magazine for the hip, yet sophisticated man who appreciate great taste, quality and is fashion conscious. Stunning pictorials, the latest in menswear, lifestyle fitness and content to fulfill a hearty man's appetite is what USL Men's Quarterly promises to deliver.

In this swimsuit issue, Jennifer Radex and the super sexy Nikki Gray goes on a Sailboat Excursion with "50 Steamy Pages of Swimsuit Heaven."

EDITOR-IN-CHIEF

patrick a. kellys

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USL SWIM

50 STEAMY PAGES OF SWIMSUIT HEAVEN

W/ JENN & NIKKI GRAY

SWIMSUITS BY GIA JADORE

Photography By Matthew Cooke
Make-Up By Angelique Cerniglia
Hair By Jeff Wacker
Styling By Raven Roberts
Models Jennifer Radex
and Nikki Gray
Swimwear by Gia Jadore
Retouched By John MacKenzie

New Moon

UNICO

Photography By Matthew Cooke
Makeup By Angelique Cerniglia
Hair By Jeff Wacker
Models Alana Campos and Jennifer
Swimsuits by UnicoSwim.com
Jewlry By Sea Gypsies Boutique and Marc Jacobs
Shoes By Christian Louboutin
Retouched By John MacKenzie

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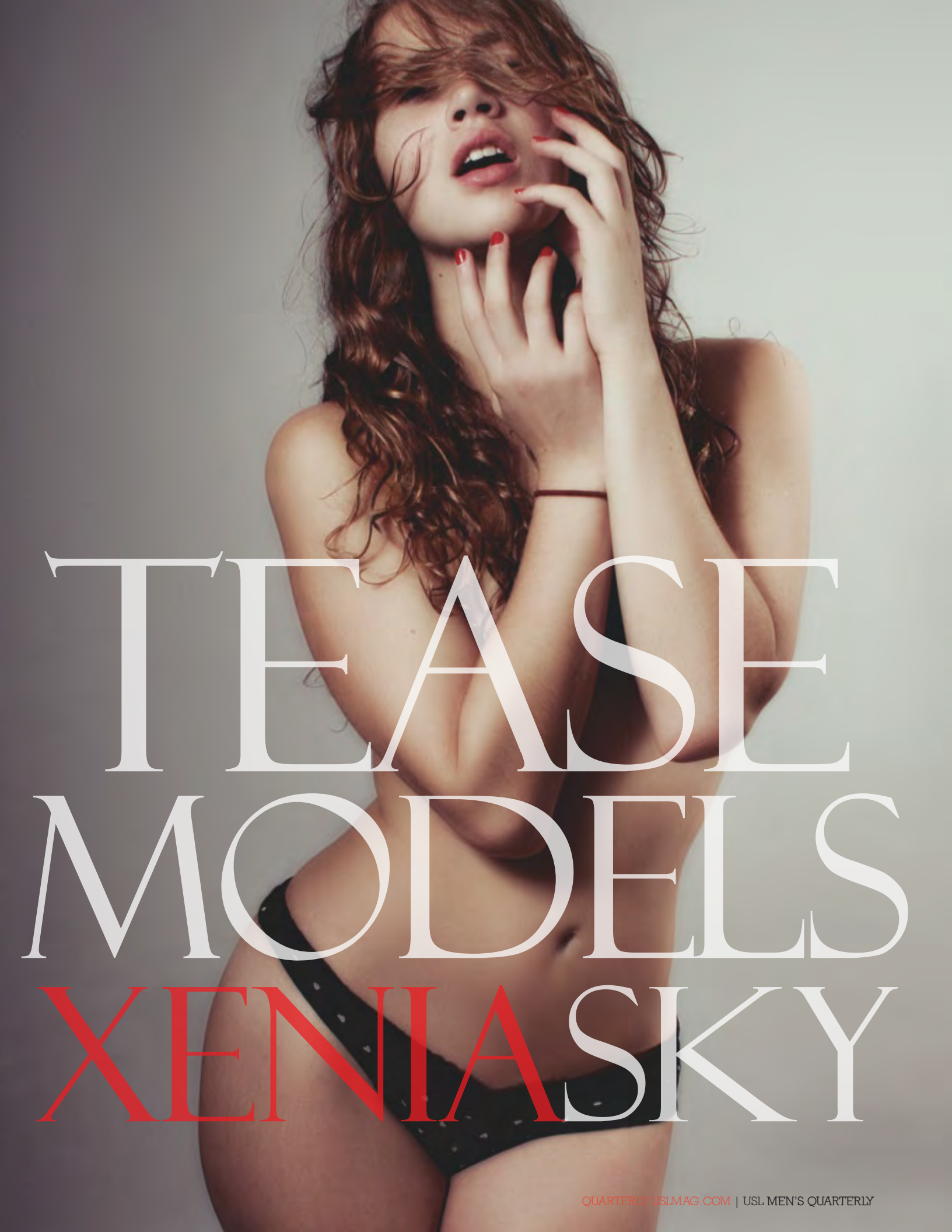
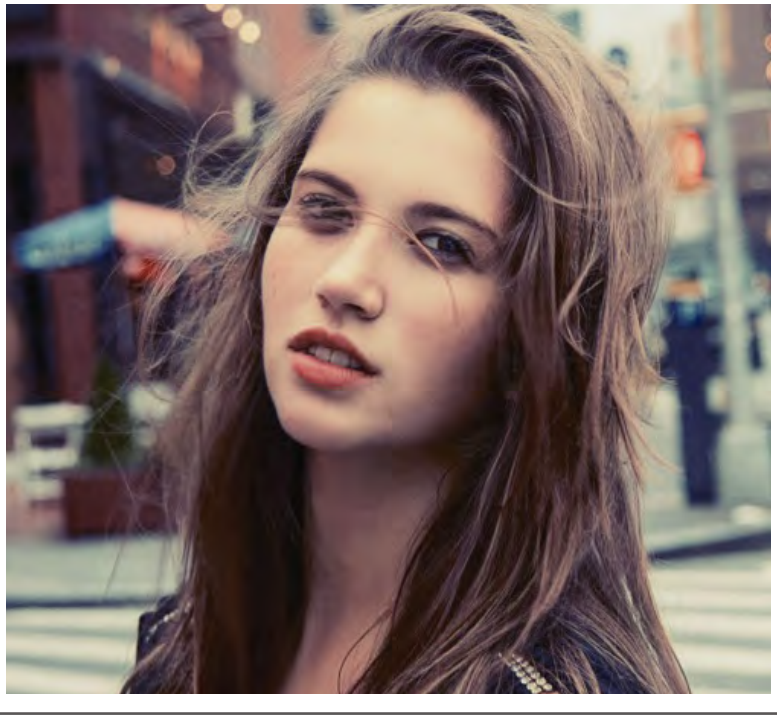


TEASE MODELS

XENIA SKY

Vanitease Sexiest Models of 2013 - USL Men's Quarterly features models from all over the world. **Xenia Sky** graces this issue. To submit, please send 5 photos in series, your facebook and twitter information and your thoughts on staying health, music, movies and dating.

Model **Xenia Sky**
City **New York City**
Age **18**



Q&A

What are your main accomplishments as a model? To let other people be aware that you do not have to be a size "0" to be a professional model.

How important is health, fitness, eating right and looking good? It is very important! Eating right and exercising is beneficial to the body AND mind. Running allows me to clear my head, and eating right makes me feel more awake and energized throughout the day !

What are your best features? I really like my curves and facial expressions.

What's next for Xenia? Acting!

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ORIGINALS
SLIM

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STRAIGHT

ORIGINALS
STRAIGHT

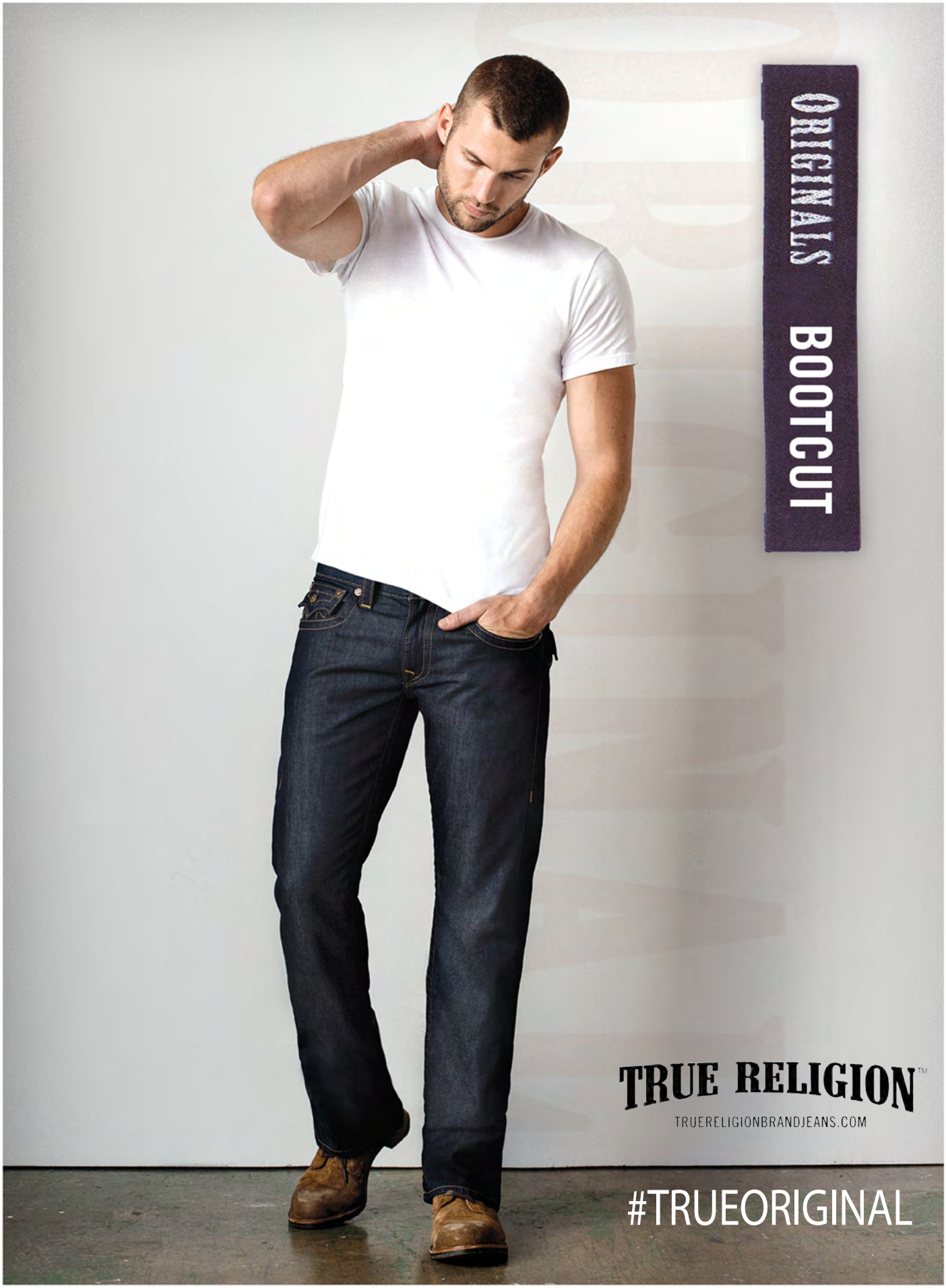
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Photo Courtesy of Bleacher Report

LIFE AFTER THE GAME

WITH DETROIT LIONS

LAMAR CAMPBELL

By Patrick Kelly

Many professional athletes are going belly-up after a few years in retirement. Why is that? Why are so many of them African Americans who played the game well, were once superstar athletes with millions of adorning fans and are now just "regular broke folks?" Is it just blatant mismanagement of funds, Bad investments, baby mama drama or are they still trying to live the superstar lifestyle on a prime rib diet?

While some do have that infamous baby mama drama (Terrell Owens on back child support), there Is no reason why these athletes should be broke after earning millions of dollars during the span of their careers. Take retired Major League Baseball player Otis Nixon for instance. He was just arrested in Atlanta for crack possession, and could not come up with $11,000 for his bail. Mind you, Otis earned aproximately 19 million dollars from 1989 to 1999. Former "Dirty Bird" Atlanta Falcons star Running Back Jamal Anderson, who earned over 70 million dollars during the span of his NFL career, just lost his 10 bedroom mansion in Atlanta due to foreclosure. And Terrell Owens, former Dallas Cowboys star Wide Receiver, earned an approximate 54 million dollars during his NFL career, yet he's doing community service because he can't pay his back child support. But the clincher is Philadelphia 76ers star Guard Allen Iverson. This pro athlete earned a whopping 150 million dollars during the span of his career and now he's crying in Black Enterprise that he's so broke, he can't afford a hamburger. Honestly, I wished these pro athletes had taken a page from former Detriot Lions Defensive Back Lamar Cambell. He wasn't privy to superstardom or having a multi-million dollar contract, but he got his head in the game, created a plan for himself so he could transition from the NFL to real life; he got a business degree from Wharton's.

WHY ARE PRO ATHLETES GOING BROKE AFTER THE GAME?

Let's talk about the nest egg. It really doesn't matter if you're making $200,000 or $4,000,000 a year, you do have a lot of athletes who go into pro sports making all this money, but don't have the financial literacy to invest properly and spend wisely. When their career is over, a lot of them are broke as hell. How did you educate yourself about financial literacy? You know what, I was lucky enough to have some really good veterans around me. My family wasn't the type of family that really talked about finances even though we had the Sunday dinners. They never really said, Lamar make sure you understand credit.

I'm going to put this on record to say, in the past, most black families didn't really educate their kids on credit because there wasn't an understanding of credit. It didn't matter where you're from then. I'm from the islands, but I grew up in the U.S. and we never talked about credit. It was like, what's that? I learned about credit when I went away to college and began receiving a bunch of credit card offers in the mail and the effects of not paying those bills on time.

You get those credit cards in college and all you're saying to yourself is, this is free money and not realizing you have to pay it back. You don't really understand credit or the importance of credit until you have to buy that first car or that first home. Then unfortunately, if you're a ball player, you have enough money to just pay those debts off so you never really understand how it affects your credit and that how much you pay in finance charges is really determined by how well you pay your bills. You do have a lot of guys who go into the NFL not educated about their financial future. They're ignorant. They just don't know because no one ever taught them about handling their finances. **Say you have a mom on welfare with two kids. People complain about how they don't understand why she stays on welfare and not go get a job. What they fail to realize is that once you've been on welfare for a long period of time, you get hooked, complacent and have a lack of motivation to do anything other than the**

typical (live day-to-day). You can't just cut people off welfare without equipping them with the tools to be able to sustain themselves. They have got to learn how to earn a living and be educated on money management.

You know my son is four years old, but he understands interest rate. He would ask me for $1.00 to get some candy and chips and I would tell him he could have the $1.00, but he had to pay me back $1.25. I do that so he will grow up understanding credit and what I've been privy to. My parents didn't come from a lot of money, but I'm sure if they had known that credit was that important, especially in this market, I know for sure my parents would have made it a point to discuss finances. You know, it's been tragic for everyone the last 10 years or so. If they would have known this was something that I needed, they would have told me. They grew up struggling so they never had to worry about high money coming into the house-hold; they just got by. Their financial literacy was just to get by each month. Now times have changed. Credit has become so important; no telling what it's going to be like for the next generation.

Let's talk about young Lamar. You said that before you got into football, you were allegedly in a little trouble. What were some ideologies and processes you learned to cultivate who you are now?

Unfortunately, everything I learned came from bad experiences. If you look at my 7th grade picture, there are 12 males and only 5 of them are here to discuss anything today. Most went to jail or were shot and is gone. Recently, another friend passed away in the same place where my best friend died four years ago. It was the same exact place at 2, 3 in the morning for no reason; senseless crime. I lost my older brother while I was in college playing football. He was one of the only people who would tell me "listen little brother, you're gonna make it." He was also one of the guys who made sure I wasn't in the streets doing stupid things. My family

tried to make sure I had that support. Those are things you learn from. You learn from experience: mistakes trusting the wrong people in the NFL with my money and bad investments. I was young, rich and thought I knew everything and gotten taken advantage of by my first accountant and tax guy.

You can't blame anybody but yourself?

And I don't blame anyone, that's why I'm not bitter about it. You can't hold onto the past. Mistakes I've made, I learned from them. I can teach on it now and I can never make that mistake again. I've learned due diligence. I've learned how to do background checks. Usually you want everyone to do everything for you because you want to relax after the season and hang out.

That is the same craziness a lot of artists go through. They are so focused on being such superstars and having all the swaged out gear that they don't pay attention to their finances. They are *"The Minimum-Wage Millionaires!" –Lamar Campbell*

In your first year of playing in the NFL, what was a major experience you encountered such as things you need to look out for that can help the next man going in?

As a free agent, I was a long shot to even make the team. I spent my little $2000 signing bonus on a $2000 used Chrysler Cirrus and drove up to Detroit with nothing to lose and not knowing what to expect from the situation. I played with Barry Sanders, Herman Moore and Mark Carrier, hall of fame type guys and didn't know the world I was walking into. Thank God it was a friendly locker room for the most part. As a rookie, you never know what you're going into and I had a chip on my shoulder. This was grown man ball, coming from college. The first pre-season game, I think we played Arizona and they were really good back then. I got my head knocked off. I realized it was a business after that game. The next day we went back and watched the film and I never got cussed out and reamed at that much in my life. After the first game in the NFL, seeing how those coaches reacted and guys going through that first cut and being sent home, I realized it was a business; a money making business. That was when my light really came on. I can tap a guy on the shoulders now and say listen, you play the game because you love the game, but this is a business so you need to start preparing yourself for the business side as soon as you sign that contract. You know, it's really not all fun and games as most people see on Sunday games and Monday night football with the glitz and glamour. I learned the difference and that's probably the biggest thing. As far as the lockout this year, I think that was a big wake-up call for a lot of guys. I look at that as a positive because you can look back and say wow, it really could be over. If that light had not come on for a lot of guys, it has now. This strike will also make guys put focus on their careers after football is over.

So when was it in your five years of playing for the Lions you said, I'm not going to play for the NFL forever, I need to look at my options after the game?

I don't agree that college athletes should be paid. I do agree, however, that they should receive a stipend. To keep them at an amateur level, technically, I don't think they should be on the payroll, but I do think they should receive something like a scholarship to take care of living and other expenses. You get a stipend with academic and music scholarships. With every scholarship you get a stipend, except athletic scholarships. Nine times out of ten the athletic department funds the school and builds high-rise condo dorms and 36 libraries. They had something of ESPN this week called "The State of College Football" and we all know what happened with University of Miami and what's going on with them right now and the big scandal. Nevin Shiparo, a University of Miami booster, is serving 20 years for running a 930 million dollar ponzi scheme. He turned over a lot of paperwork showing players being paid so they are under investigation right now. Most people don't know that the NCAA is a non-profit organization taking in over 600 million dollars last year alone.

LIFE AFTER THE GAME

I didn't think about my options until a year after my final game with Detroit. You never really think about that day when you are going to be cut. I was coming off a great season and had just signed a new contract after my 4th year. One year under my new deal with a great pre-season and the cut day came. It's usually the last Sunday in August and Detroit called me at 3:55pm (cut time ends at 4:00pm) and said Lamar you need to come to the office.

When you got the call, what was going through your head?

First thing that went through my mind was they were going to trade me; not release me. I said cool, I'm on my way thinking I was about to get sent somewhere else. He said Lamar; we've been trying to trade you all day and really weren't getting what we wanted for you. You've really been a great contributor to the Lions organization and with your current contract situation; we can get two guys for what we're paying you. Sign this and we wish you the best of luck. And like that, it was over in 2004.

What was that feeling like after you signed the release papers? What did you do?

Well, the first thing that came to mind was to call my agent. I told him they just released me and he was like "don't worry, you'll get picked up." I was playing well, but had an injury with my hamstring so I really only played 8 games and I thought I was actually going to get picked up. So, I went back to working out thinking it's just a matter of time until I get picked up. Nope, I didn't get picked up. You know it's funny because every Sunday I would watch the injury report waiting to see who's hurt and who would probably give me a call.

So you just slammed the gym and said, hey, I've got to get my body right?

My thought was to just pretty much maintain because with injuries happening during the season, they usually bring in a veteran. I never got a call so I began thinking what's next. I was educated, had my degree and everything, but it was such an emotional detachment because all I knew was football. It hit me hard. I was kind of lost because I was looking for something I could be as passionate about as I was with playing football. You know that really takes some time.

What was the advice from your agent?

He suggested that I do the arena ball, but being prideful, it was a step down for me. I didn't want to do the arena ball thing. I wasn't an arena ball guy. I didn't start playing football to get to the NFL. Once I realize how good I had gotten, I enjoyed playing. God blessed me with an opportunity to go to school on a scholarship. God blessed me with the opportunity to have a try-out with the Detroit Lions and make the team, but it was never something I aspired to do as a young kid growing up saying I wanna be a professional football player. This sentiment actually pissed off a lot of people in my life, especially the ones who did want to make it to the NFL. A lot of them worked their entire life and didn't make it as far as I've made it. So I was really blessed and talented to do that, but didn't take enough lumps on the head to think it was going to be over when it did. The plan was to play 10 years in the NFL and it would be a wrap for me. I only made it to 5.

That's a blessing in itself to make it 5 years in the NFL. You have some guys who get signed and play only a few games before getting injured and can't play anymore.

Yeah, you're right. Like Brett Favre, I feel for him. A lot of people talk about him needing to retire. Look how he has been playing football. You look at the emotions of it and he's saying what am I gonna do after football. I can't do Wrangler commercials all day. It's just an emotional detachment from the game where you don't know what you wanna do.

It's like the feeling of you working for a job say 10 years and you've developed all these relationships with different people and you have to leave the job. Before you leave the job, however, you know they usually give you a going away party wishing you luck and possibly giving you some connections you can use to advance someplace else. It's that feeling without the party and the well wishes. It's disillusionment; like what's next.

With all the great athletes, which one of them has had an easy time walking away? Not many of them, especially the successful ones. Look at John Elway, he won back to back Super Bowls; hell yeah I'm gonna leave after that. It doesn't get any better than that. Look at Michael Jordon, Wayne Gretzky, Bret Favre, at the top of their game; it was never easy for them to turn around and walk away. And they were successful off the field as well with endorsement deals, acting, businesses and they still had a hard time walking away.

You took a year off after being cut from the Detroit Lions, what did you do afterwards? What type job did you go into?

I talked to the NFL which actually has a business program with Wharton School of Business at University of Pennsylvania. They actually have a real-estate program where NFL guys come in and learn from top real-estate professors. You know Wharton's has the top real-estate program, collegially, in the country and you are able to learn from these professors. I had been around real-estate my whole life with a family of carpenters and also had real-estate in Atlanta so I already had an idea. That was just the natural step for me. I was comfortable with real-estate also because I was dabbling in it while I was playing ball. And to have an opportunity to learn from Wharton was an opportunity I could not turn down. I went back to grad school with Wharton and got out to a terrible real-estate market and I was like, "now what." So, I began another transition.

So this was your second transition within a year of starting at Wharton's and coming off your hiatus with being cut from the NFL?

You know I stayed with real-estate and made it work, but it was not to the level **I** initially planned on being successful at.

The market just wasn't working for where I wanted my success level to be. Nobody was hiring. No one was spending any money and no one was loaning any money and you need that for real-estate. That's why everyone was taking such big hits. I've managed to survive based on the relationships I have and of course dealing with residential and investors. It's not the immediate success I was expecting coming out of Wharton's. After that, I really got involved in the community when I decided that I was gonna be in Atlanta. I also became a dad. When I came to Atlanta, it was a place of business. I was doing better business in Atlanta than in the Detroit community. I had investments here so it was a better market for me. A lot of young African Americans were here so I came down in 2005 right after the first year I got released. I commuted back and forth to school (Wharton's), but I made being here permanently. Atlanta is an up-and-coming city where you have a lot of fortune 500 companies here. Thirty percent of my clients aren't even from the states. Most of them are European investors and they're coming over here cleaning up. When it comes to tax write-offs, you can't really beat it here in Georgia. That's why the movie industry is booming and so many movies are coming out of the Atlanta Metropolitan Area. And now that I have my son, I'm here. It's a point for me to be a part of the community with my son growing up and I want my son to see me do great things in the community. I want to become his role model; to be his hero.

So tell me about Life After The Game, how did that get started? How did you get into radio?

It was something that actually fell into my lap. I didn't start out trying to build a brand. With Life After The Game, I just took what it was like for me after playing in the NFL: phone calls not being taken anymore like they use to or you call trying to get some help, get an interview and they're too busy trying to win football games and applied it. And they don't owe you anything; you know they really don't. So I started thinking about what relationships I made while playing that could help me out. I thank God I did a lot in the community with Detroit and I had a player development director I talked to all the time and she would take my phone calls. She actually helped me get into the Wharton program. The only connection I had ended up being the only connection I needed. And what happened was a lot of guys would call me for information on internships and having been in the NFL, I kept an eye on everything so I knew what the pensions were and where the 401k's were going. I wanted to be educated on where my money was and my 401k. I also wanted to know if there were programs out there to help the guys, I wanted to be aware of it so I became a go-between with a lot of guys making that transition. They would call me for a lot of information. I had a chance to go to a transition program sponsored by the NFL were there were a lot of guys with ages ranging from 25-45 and we all had some great conversations. We just put it all out there on how we were feeling and how we felt the NFL was treating us once we were done and let's not even talk about the crooked NCAA. We can go on about them all day long. It became that a lot of guys needed help so if I could help those guys out, I got paid off the bat and a lot of older guys helped me out so I wanted to be there for the younger guys. This past year in Dallas, I did a lot of interviews with radio stations and we talked about the potential lockout and what guys are doing after football. The program director was a retired ball player with the Eagles. We did a couple shows that weekend and when I came back to Atlanta, he offered me my own show. He said I could create my own platform so the Wharton came out of me and we did a lot of negotiating. I wanted to own my transcripts and own my logo, etc. One of my favorite bible verses is Hosea chapter 4 verse 6 which say our people perish because of their lack of knowledge. So I wanted to provide that information for the guys to let them know what opportunities are out here. It's not that we don't want to do a lot of things, it's just because of that lack of knowledge; we just don't know. You always hear the negative things NFL players are doing, but there are a lot of them who are doing some great things in the community that done get talked about. Fortunately, the show has been a tremendous success. It's the fastest rising show on the station which has led to a lot of other opportunities that I'm looking to take advantage of and getting the word out there about what athletes are doing in the community nation-wide.

So do you have young athletes coming to you for advice about transitioning in as well as out of the NFL?

You know, I'm really starting to. The radio show debuted in April; we are now going into September so I am starting to get a lot of request from mothers who need guidance for their kids or request to speak at certain colleges and to talk to some of the guys in the local area. What we are doing now is trying to get to every school, during the football season and get other guys in the community who are retired football players to talk to the guys and give them guidance. Even if we only touch one guy, he can at least spread the word about what we are doing. He can learn to prepare himself and learn to get his degree. He can make sure he builds on those relationships and don't burn bridges so that he can have the same people to fall back on in case things gets bad for him.

Do they not already have mentoring organizations in Atlanta for rising stars heading to the NFL?

They do and I'm doing the research on that now. But it's coming from a different voice; someone who has been there, someone who has been down-and-out and is successful. It's good to hear everybody's story. And not all stories are good stories, but it educates the guys. They may find themselves in the same situation and they'll know how to do due diligence on their agents, on their financial advisors, on their stockbrokers and on their PR persons. You know any lessons we can help filter to them would just be a good lesson.

AUTHOR CIARA ELLE

GO GET IT!

For those of our readers who aren't privy to the writings of Ciara Elle, briefly let us know some of your accomplishments and what really inspires you as a writer?

Within my professional writing career thus far, I have completed three books entitled: *Drowning In A Mother's Womb* (which is a trilogy) *Go Get It* (My most recent release in February 2013) and *B.A.I.T* which means Believe, Affirm, Inspire and Transcend (set to be released in October 2013). *GO Get It* is available via Barnes & Noble, Amazon, IBooks, Ebook and Kindle. You can also log onto my website for book purchases via www.ciaraelle.com

I am continuously inspired to write from experiences , struggles and people who have lived in poverty driven communities in some point of their lives.

You currently have a new book entitled Go Get It. Are you making a proclamation?

[Laugh Out Loud] Yes, I guess you can say that I am making a proclamation about self-awareness, self-esteem and empowerment within one's own embody of life.

Can you give us a brief synapses of each of your sub-titles and what you want the reader to take from them?

28-day Challenge - This chapter is a challenge for you as the reader, to not to say anything negative for 28 days, and if you do, you will follow up with a positive statement following such negativity. Breaking the negative bridge in yourself!

My hope is the reader will see a difference in responses and feeling about oneself for being positive in a negative situation.

Go Get IT Path - This chapter is reflecting on different ways to begin on a "Go Get It" path. What inspires me about this chapter is there is a self-assessment that allows you to see how you view things which sometimes can be your hinderance in succeeding in our goals and even blocks us from building goals.

Pessimistic vs. Optimistic - That chapter sheds light on the differences between Pessimistic and Optimistic. I want the reader to understand and become fully enable to visualize the importance of being

Hustle….Hustle Hard - I love this chapter name! Its exactly that.... Hustle...Hustle hard. No matter what you choose to do in life, go hard or go home. I want the reader to gain some sense of motivation while embracing their current situation.

Life and Love - The "Life and Love" chapter teaches you that it is important to constantly embrace life and love even during the bad days as you would approach the good days.

Let Go - I added this chapter due to over the years and experiences I have come to witness or be apart of; some people fail to succeed because of barriers, or past failures. Whatever the case may be I just want readers to let go of anything holding them back.

Forgive…Live…Give - The chapter seemingly piggy backs on the Let Go chapter. In life, we are faced with many adversities and barriers, some of which people may feel is overwhelming. Some of those barriers are caused by unforgiveness. I urge readers to forgive, so you can live and once you've figured that part out, give back to help someone else.

Mind Over Matter - Often times we get so caught up in chaos (matter) that it drains the mind. It should never reverse, it should always be mind over matter. I hope that the reader learn to differentiate between the two.

Aspiration. Inspiration…Motivation - This chapter is inspired by my "Go Get It" created. This chapter teaches you to surround your aspirations by inspiration and motivation.

Now Or Never - I encourage the readers to take a stand Now or Never.

Get Fit For Life - In life, we struggle with many different challenges, one of which I think people are uncomfortable with themselves which is sometimes caused by insecurities, and insecurities are sometimes caused by low self-esteem. I offer workout suggestions as well as self esteem boosters.

Mentality

I titled this chapter "Mentality" because that is what we are driven by, our mentality. I hope the readers understand the importance of a positive mentality, and how far our mentality alone will take us.

Do you consider yourself a religious or spiritual person? If so, do you have daily inspirations which guide you through your day?

I believe in Christianity, but there is still a lot that I am learning with such religion. For the most part Christianity is my faith base.

For those who are seeking a higher purpose or enlightenment, what do you say to them?

Continue to seek your higher purpose, and don't stop until it feels like joy, that is when you will know you have reached what you were seeking.

For more information on this author, pleaser visit www.ciaraelle.com. Follow her on Twitter at @Ciara_Elle / IG: itsciaraelle / FB: itsciaraelle

GET FIT W/ JOSEPH

GET FIT
w/ JOSEPH JOHNSON

How important is health, fitness, eating right and looking good?

Health, fitness, eating right and looking good are very important to me. Maintaining a healthy lifestyle, which encompasses all those areas have been a mantra of my life since age 12. My goal is to lead a healthy life and in doing so, help others attain their fitness goals.

Health is my number one reason for accomplishing the goals I have attained thus far. Without good health, my dreams will not become a reality. Being healthy allows me to remain focused on my goals. Having good health also gives me mental clarity and physical strength in my daily tasks and workout routines. Being one who is aware of the importance of health and its effect on my well-being, I strive each day to eat a balanced diet; rich in nutrients, coupled with a four-day- a-week workout regimen.

Fitness plays a very important role in my daily life. As a Competitive Sport Enthusiast, it is important for me to be in the best shape at all times. And as a certified personal trainer, physique competitor, power lifter and fitness model, fitness plays an integral part in my competitions. It determines my capability of winning.

Eating right is paramount to my success. On a daily basis, I incorporate a healthy balanced diet, which is Eating right is paramount to my success. On a daily basis, I incorporate a healthy balanced diet, which is always at the top of my list. Nutrition is absolutely important for the body as I have created a Nutritional Plan that I utilize daily. Without proper nutrition, I would not have been able to remain healthy and fit.

Looking good at all times is one of my top priority. One "never gets a second chance to make a first impression." I usually seize the opportunity to look my best for all occasions.

DAILY WORK-OUT REGIMENT

My daily work-out regiment entails the following: warm up with lunges and jumping jacks for 3-5 minutes. Dynamic stretches, 3-5 minutes, 45-60 minutes of full body training, 10-15 minutes high intensity interval training (cardio), At least 8-15 repetitions for 3 sets on compound exercises. Cool down 3-5 minutes. Complete the work out within 45-60 minutes.

Any Tips You Care to Share about Your Work-out?

Define your fitness goals. Be prepared. Be committed. Be resilient.

BEST FEATURES

My physique and resilience are my two best features. I am always complimented on my physique. People sometimes approach me about my physique and ask me to be their personal trainer. I am resilient; never gave up on the goals I have set to accomplish.

WHAT'S NEXT

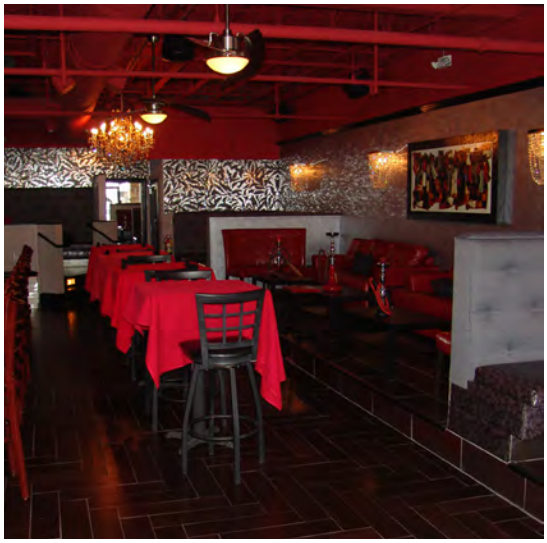
There are a number of interests that I have been pursuing. For example, one of my career goals is to become an International Federation of Body Building (IFBB) Pro Physique Athlete. I am also preparing for the upcoming USAPL RAW Nationals Power Lifting and NPC Physique Competitions in July and October 2013. Finally, I am in the process of expanding my fitness business.

Photo By Jan Freire
www.jjfourfitness.com

HUGO BOS

JAMES W. BRASHEARS III
Entrepreneur, Tastemaker & Philanthropist

5 DESTINATION ATLANTA HOT-SPOTS YOU SHOULD VISIT WHILE IN TOWN



Chef Rob's Upscale Lounge
5920 Rosewell Road, Atlanta

Chef Rob's Upscale Lounge created and ran by celebrity chef Chef Rob Gayle is on my list of places to go in and around Atlanta. The Sandy Springs bar/lounge gives tastemakers and professionals throughout the city a unique experience. With a menu of assorted Caribbean tapas, cocktails, top-shelf choices, hookah, and signature wine selections, there is something for everyone. The alluring ambiance featuring contemporary furnishings plays host to an assortment of exclusive events, private mixers and social activations attended by industry influencers.

For the cigar connoisseurs, this swanky 1920s underground speakeasy experience sets the bar for the exclusive after dinner grown and sexy vibe. The cigar lounge of lounges… Prohibition is not a member's only establishment, but guests can only enter by securing the evening's password. This password (telephone number) must be entered into the dial on the phone inside an antique phone booth that opens once access is granted. With a full bar and late night menu showcased in a recipe book, passed down from generations, Prohibition is a must on the list of places to experience in Atlanta.

Prohibition
56 East Andrews (basement)

CZAR Bar
56 East Andrews Drive

Czar İce Bar is a Vodka Bar experience like no other, tucked away in the heart of Buckhead. Offering the 300+ Vodkas of the world, this tucked away destination for Atlanta tastemakers provides the perfect blend between bar and lounge. Patrons can sit and literally "be cool" with an exotic vodka cocktail at a 4" thick and 27' long solid ice bar top. Featuring a full sushi menu created by the world acclaimed master sushi chef, Chef Saito Saito, CZAR Bar caters itself to the want-to-be-seen and not-want-to-be seen locals and visitors alike.

CRUZADO's Café and Lounge
366 5th Street

Cheers ... Where everybody knows your name! This is one of my new favorite spots. The coziness, location, and nightly vibe make Cruzado's Café and Lounge the place to go to just unwind, relax and mix and mingle with a great diverse group of Atlantans. The experience begins upon entry with the visually pleasing interiors done by Danto Designs designer, Danny Tovar. Offering some of the best Hookah in the city and a full bar with a Cuban/Caribbean twist, the experience is a city's one of a kind. Seating no more than 40-50 people at one time, this is the perfect place for a low key evening in the city.

_The Glenn Hotel
110 Marietta Street, NW

Located in the heart of downtown Atlanta, this boutique hotel gives you charm and comfort with top notch service. From the lounge known as The Living Room to the acclaimed Glenn's Kitchen offering a seasonal American cuisine with a Southern flair, The Glenn tops off at the SkyLounge rooftop bar with one of-a-kind views of the Atlanta skyline. The Glen also __offers a compelling experience in the heart of a happening city. İts new "Stay With A Friend" campaign sums up the entire experience... comfortable, familiar and very welcoming!

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